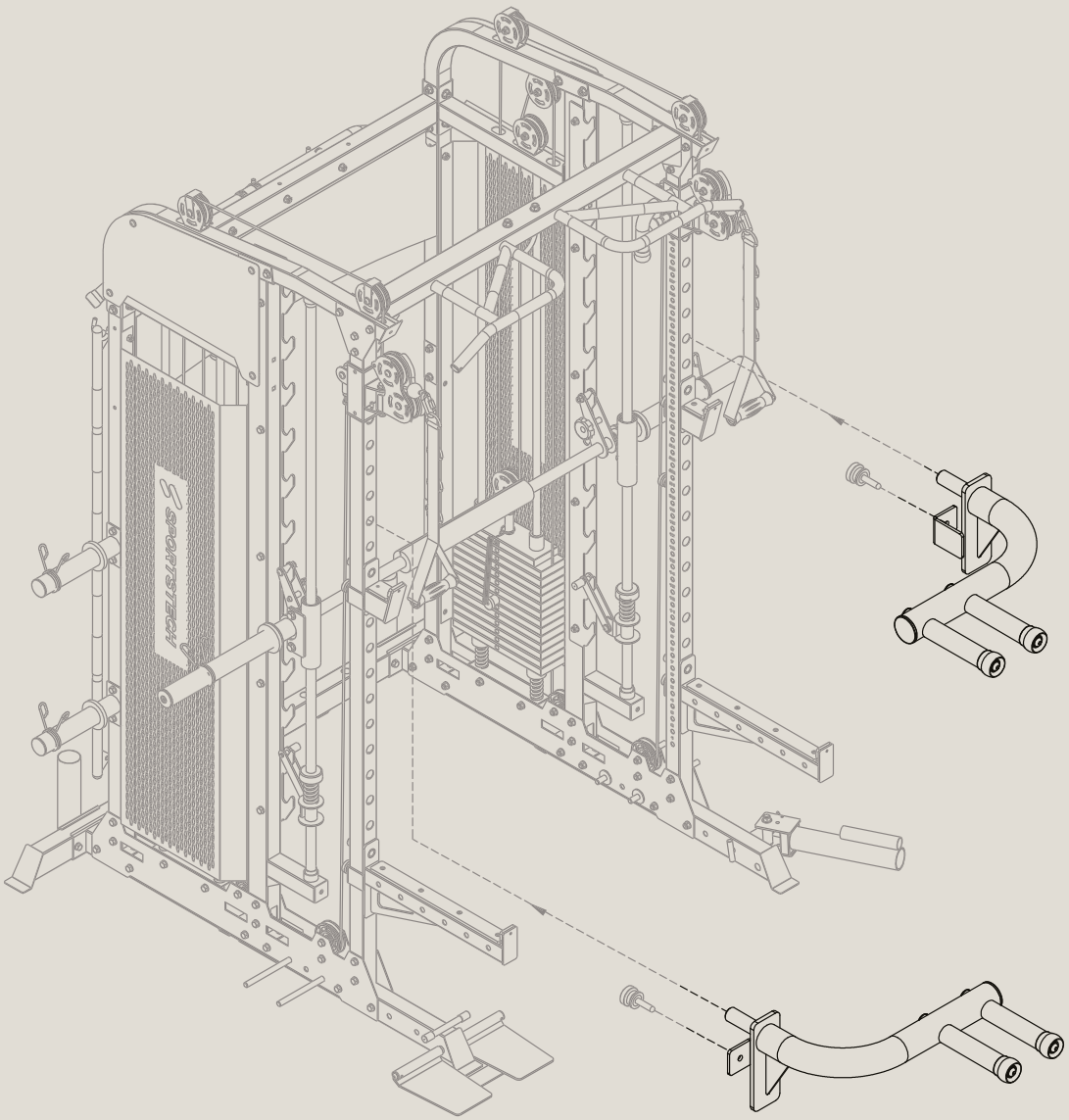
SPORTSTECH

SP_SXM_K_DIP

SMITH MACHINE ACCESSORY



DE

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Status: 14.10.2024

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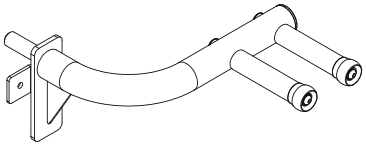
Aufstellen

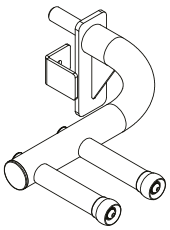
AUFSTELLORT

Suchen Sie einen Aufstellort für das Gerät, der folgende Voraussetzungen erfüllt:

- Trockener Innenbereich
- Gerät verdeckt keine Lüftungsöffnungen.
- Hitzefester robuster Untergrund; wenn erforderlich, Bodenschutzmatte verwenden
- Freiraum von mindestens 2 m (6.6 ft) hinter dem Gerät.
- Freiraum von mindestens 1 m (3.3 ft) auf beiden Seiten des Geräts.
- Freiraum von mindestens 30 cm (1.0 ft) vor dem Gerät.

KOMPONENTEN



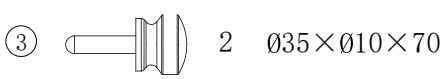


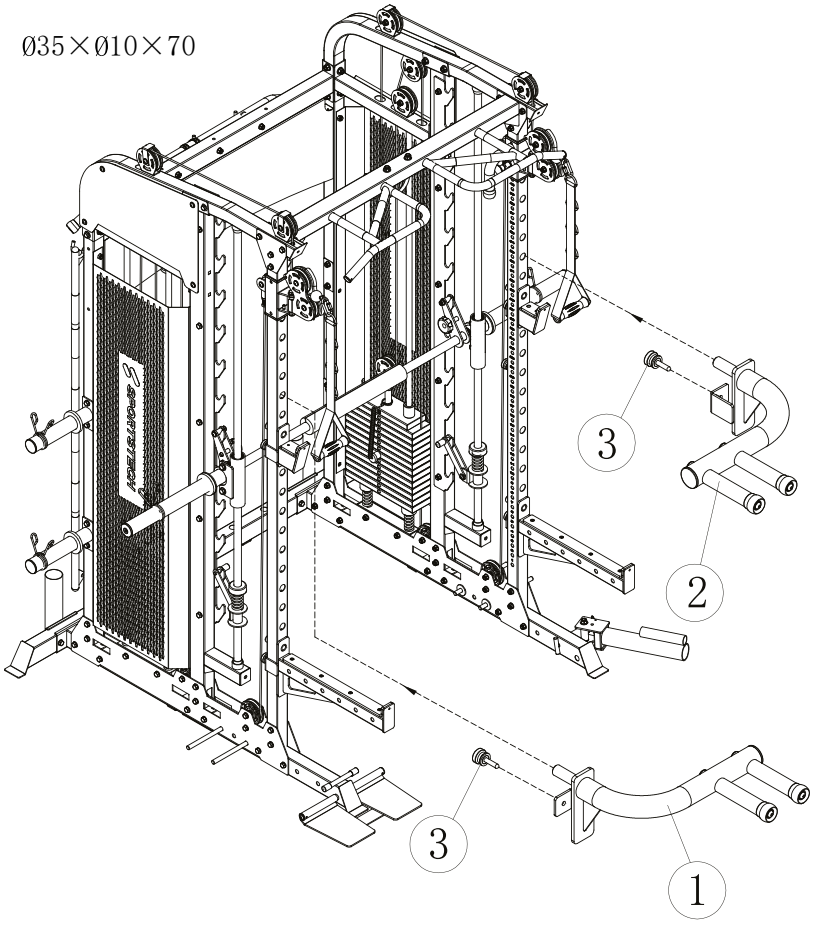
1 ×1　　2 ×1　　3 ×2

MONTAGEANLEITUNG

Befestige den linken und rechten Dip Arm (1#&2#) an den linken und rechten vorderen Löchern in der gewünschten Höhe und sichere jeden von ihnen mit 1 Stück Magnetstift (3#).

Hinweis: Dieser DIP Arm-Aufsatz passt sowohl auf die SXM150 als auch auf die SXM200 Smith Machine PRO.





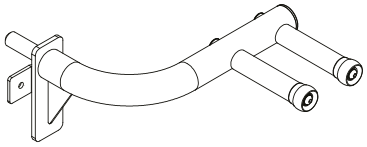
Setting up

SETTING-UP

Find a location for the device that meets the following requirements:

- Dry interior
- Device does not cover any ventilation openings.
- Heat-resistant robust base; use floor protection mat if necessary
- Clearance of at least 2 m (6.6 ft) behind the device.
- Clearance of at least 1 m (3.3 ft) on both sides of the device.
- Clearance of at least 30 cm (1.0 ft) in front of the device.

COMPONENTS



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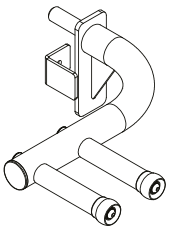


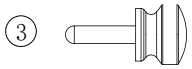
2 ×1

3 ×2

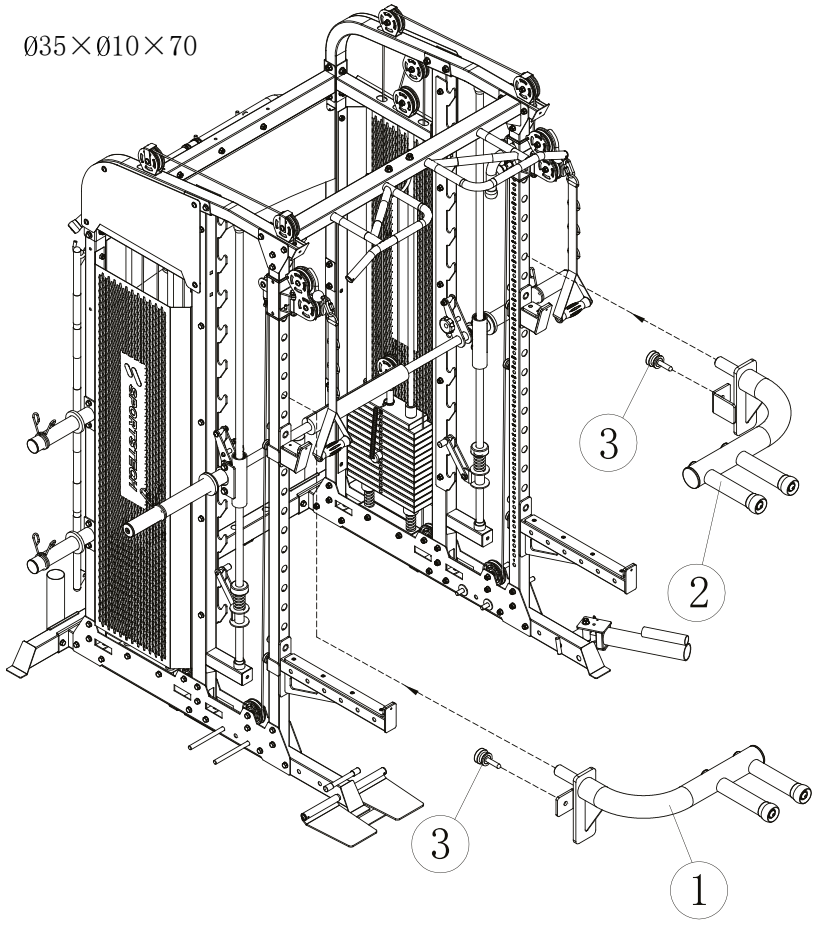
ASSEMBLY INSTRUCTIONS

Attach Left & right Dip Arm (1#&2#) to left & right Front select desired height holes,and secure each of them with 1pcs Magnetic Pin (3#).

Note: This DIP Arm Attachment fit both SXM150 and SXM200 Smith Machine PRO



③ 2 Ø35×Ø10×70



ES

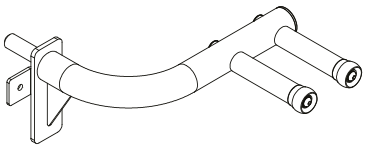
Instalación

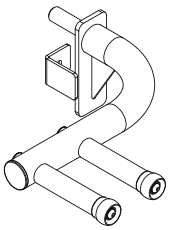
LUGAR DE INSTALACIÓN

Busque una ubicación para el dispositivo que cumpla los siguientes requisitos:

- Interior seco
- El dispositivo no oculta ninguna aberturas de ventilación.
- Suelos resistentes al calor; si es necesario, utilice una alfombrilla protectora
- Espacio libre de al menos 2 m (6.6 pies) detrás del dispositivo.
- Espacio libre de al menos 1 m (3.3 pies) a cada lado del dispositivo.
- Espacio libre de al menos 30 cm (1.0 pies) delante del dispositivo.

COMPONENTES



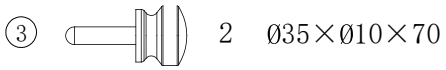


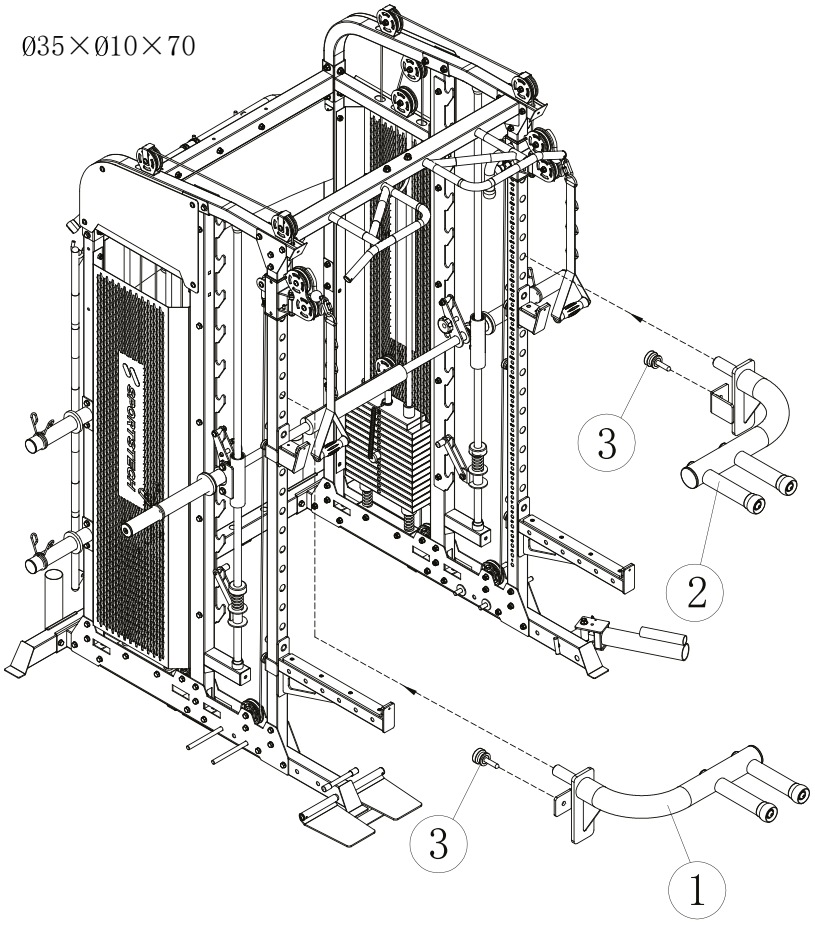
① ×1　② ×1　③ ×2

INSTRUCCIONES DE MONTAJE

Coloca el Brazo Dip izquierdo y derecho (1#&2#) en los orificios delanteros izquierdo y derecho a la altura deseada, y asegúralos con 1 pieza de Pasador Magnético (3#).

Nota: Este accesorio para el Brazo Dip es compatible tanto con la SXM150 como con la SXM200 Smith Machine PRO.





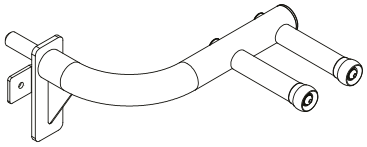
Installation

INSTALLATION

Cherchez un emplacement pour l'appareil qui remplit les conditions suivantes :

- Espace intérieur sec
- L'appareil n'obstrue pas les ouvertures de ventilation.
- Surface résistante à la chaleur ; si nécessaire, utilisez un tapis de sol.
- Espace libre d'au moins 2 m (6.6 ft) derrière l'appareil.
- Espace libre d'au moins 1 m (3.3 ft) de chaque côté de l'appareil.
- Espace libre d'au moins 30 cm (1.0 ft) devant l'appareil.

COMPOSANTS



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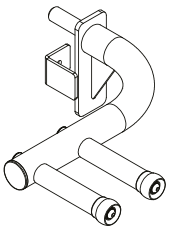


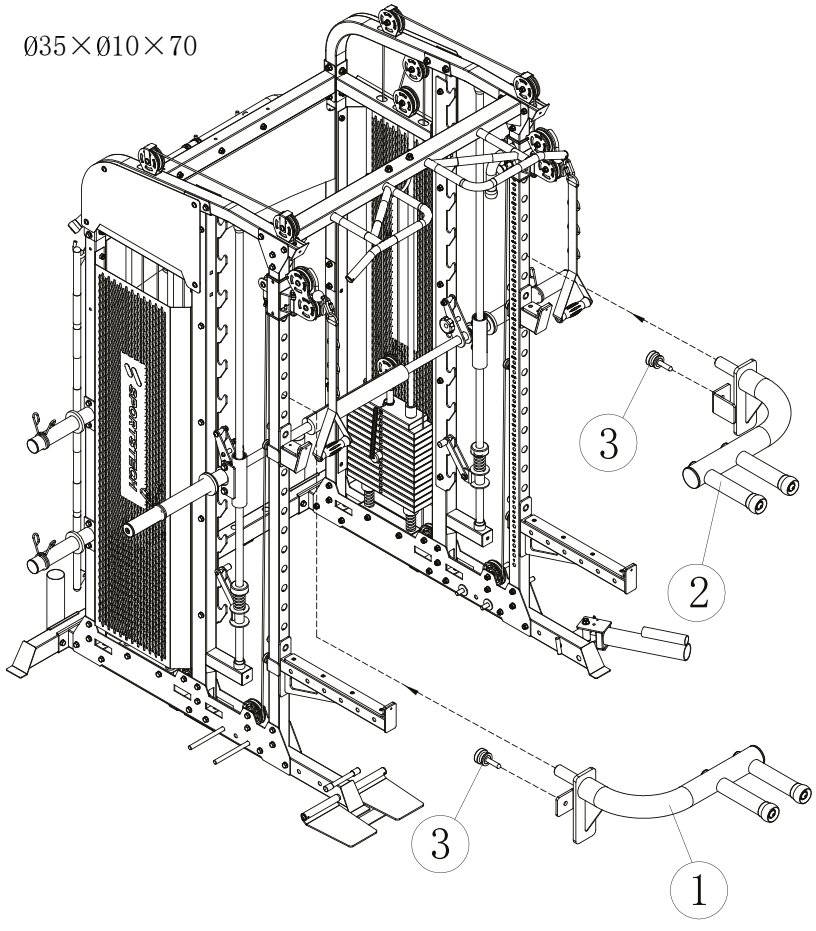
2 ×1

3 ×2

INSTRUCTIONS DE MONTAGE

Fixez les Bras Dip gauche et droit (1#&2#) dans les trous avant gauche et droit à la hauteur souhaitée, et sécurisez-les avec 1 pièce de Goupille Magnétique (3#).

Remarque : Cet accessoire pour le bras Dip est compatible à la fois avec la SXM150 et la SXM200 Smith Machine PRO.



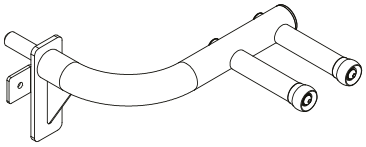
Impostazione

IMPOSTAZIONE

Trova un luogo per il dispositivo che soddisfi i seguenti requisiti:

- Interno asciutto
- Il dispositivo non deve coprire alcuna apertura di ventilazione.
- Base robusta e resistente al calore; utilizzare un tappetino protettivo per il pavimento se necessario.
- Libertà di almeno 2 m (6,6 ft) dietro il dispositivo.
- Libertà di almeno 1 m (3,3 ft) su entrambi i lati del dispositivo.
- Libertà di almeno 30 cm (1,0 ft) di fronte al dispositivo.

COMPONENTI



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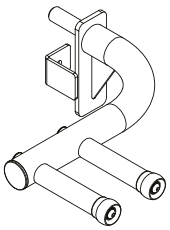


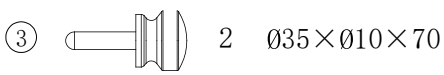
2 ×1

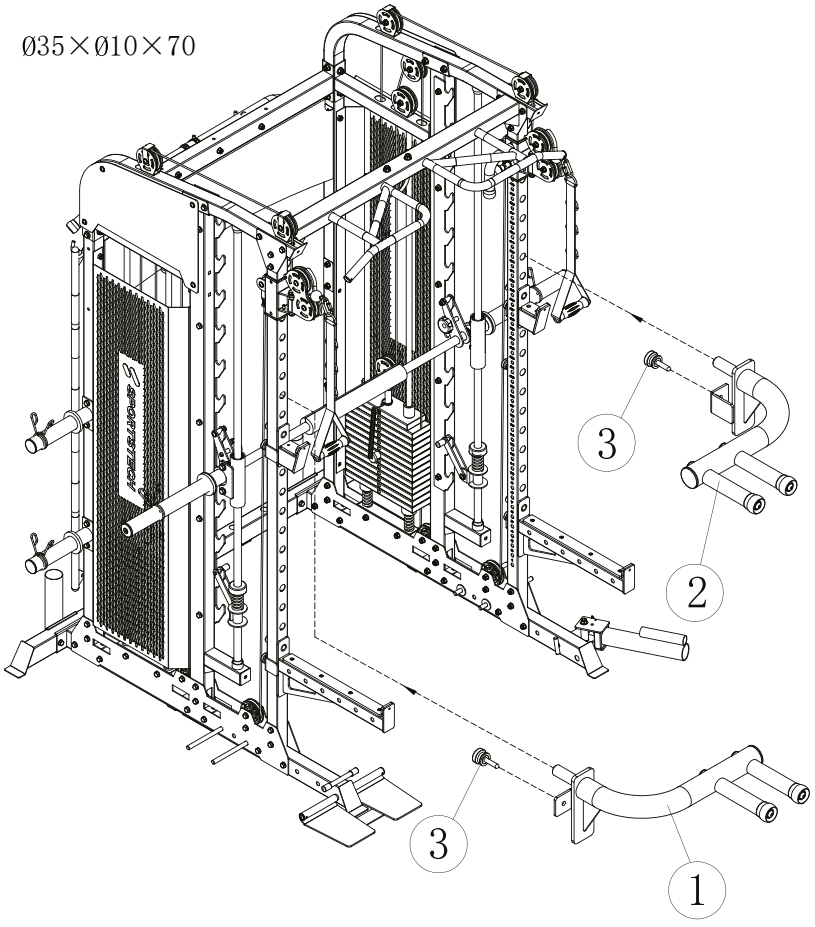
3 ×2

ISTRUZIONI DI MONTAGGIO

Fissa il Braccio Dip sinistro e destro (1#&2#) nei fori anteriori sinistro e destro all'altezza desiderata, e fissali con 1 pezzo di Spina Magnetica (3#).

Nota: Questo accessorio per il Braccio Dip è compatibile sia con la SXM150 che con la SXM200 Smith Machine PRO.





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